

Focus on Wellness

As we step into Fall, the shorter days and cooler temperatures can sometimes lead to feelings of sadness or loneliness. Take this time to find ways to focus on your own wellness by staying connected to your community and loved ones through the following:

- Reflect on your own needs
- Reach out to family members you don't see often
- Join a club or hobby group at your community and make time for activities you enjoy; such as painting, yoga, woodwork, outings and more
- Enjoy local, seasonal produce in our dining programs
- Volunteer your time to give back

Check your activities calendar and highlight items of interest to you – and feel free to invite your friends & family to join!



Dimensions
of Wellness

Resident Birthdays

November

Catherine D.B.
Bernard C.
Alice R.
Frances K.
Dolores H.

December

Pasquale F.
Richard W.
Victor M.
Gerald M.
Dorothy W.
Kathleen B.



Providence Place SENIOR LIVING News

Q4: November 2022

A Note from the Executive Director

Collegeville enjoyed a wonderful October with our **Walk to Remember**, Oktoberfest celebration and Trick-or-Treat.

As you have seen, the wall is close to complete! The final step is to reface the wall and start landscaping. The Dining room deck reopened and we are excited to use our beautiful deck throughout the fall season.

Just a reminder, we have our flu and covid vaccine clinic on Tuesday, November 1st. We ask that all residents complete the consent form at the front desk if you have not already completed. We appreciate your help keeping the community safe!

Lastly, please welcome our new Director of Wellness, Jodi Stump. Jodi has several years' experience as a Wellness Director. She served in the Air Force for 6 years and enjoys spending time with her husband and children. Please stop by the wellness office and introduce yourself.

Terri Sanelli

Executive Director

Highlighted Events

- 3 – **Diner's Caravan: Moccia's Train Stop @ 10am**
- 8 – **Outing to Ursinus Museum of Art @ 10am**
- 11 – **EdU Presentation: Rendezvous in Orbit @ 3pm**
- 17 – **Montgomery County SPCA Service in Action @ 10:30am**
- 20 – **Reading Royals Hockey Game Outing @ 1pm**
- 22 – **Friendsgiving Happy Hour & Entertainment @ 3:30pm**

Welcome New Residents

Karin H.
Joan L.
Carol H.
Bruce S.
Mary T. (and Teddy)



For Community Life activities, campus events and Providence Place happenings, please follow our Facebook page at www.Facebook.com/ProvPlace.



To sign up to receive this quarterly newsletter and monthly events calendar via email, please contact us to subscribe at ProvidenceRetirement@gmail.com.



www.Providence-Place.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p style="text-align: center;">THE <i>Club</i></p>		1 9:15 Morning Meeting (AR) 9:30 Move and Grove (AR) 10:00 Crafty Art: Scarecrow Magnet (AR) 1:00 Drinks & Discussion (AR) 2:00 Penny Ante (AR) 3:00 Aerobic Drumming (P)	2 9:15 Morning Meeting (AR) 9:30 Chair Exercises (AR) 10:00 Praying the Rosary with St. Eleanor Catholic Church (T) 11:00 Outing: Harvest Car Ride ** (OOB) 1:00 Look Who's Dancing Aerobics (CN) 2:15 Visits by Jill Jillian & Her Pup (CN) 3:30 iN2L Trivia (CN)	3 9:15 Morning Meeting (AR) 9:45 Communion by St. Eleanor Catholic Church (T) 10:00 Chair Exercise (P) 1:00 Activities Committee Meeting (AR) 2:30 Toss & Talk (AR) 3:00 Exploring Science: Birth Stones (AR)	4 9:15 Morning Meeting (LOCATION) 9:30 Aroma and Meditation (AR) 10:00 Lets Chef It Up: Pumpkin Bread (AR) 11:00 My Life Story (AR) 1:00 Outing: Pinball Gallery**\$\$ (OOB) 3:00 Music & Meditation (T) 3:30 Friday Matinee:	5 10:00 Chair Exercises (P) 11:00 Bake Apple Pie (AR) 1:00 Bingo in Hats (AR) 2:00 Trivia & Games (P) 3:00 Aromatherapy & Hand Massage (AR)	
	6 10:30 Catholic Mass on Screen (T) 11:00 Chair Exercises (P) 1:00 Dominoes (AR) 2:00 Games in the Pub: Racko, Checkers, or Scrabble (P) 3:00 Bocce or Corn Hole (OS) 4:00 Knitting & Crochet Club (P) Daylight Saving Ends	7 9:15 Morning Meeting (AR) 9:30 Weekly Weather & News (AR) 10:30 Shuffle Board (AR) 11:00 Chair Exercises (P) 1:00 Nickle Bingo \$\$ (AR) 2:15 Nadine's Music & Meditation (P) 3:30 Friendly Visits (LOCATION)	8 9:15 Morning Meeting (AR) 9:30 Move and Grove (AR) 10:00 Day Excursion: Ursinus Museum of Art ** (OOB) 1:00 Drinks & Discussion (AR) 2:30 Crafty Art: Mason Jar (AR) 3:30 Entertainer: Bruce Copp (P)	9 9:15 Morning Meeting (AR) 9:30 Chair Exercises (AR) 10:00 Praying the Rosary with St. Eleanor Catholic Church (T) 11:00 Outing: McDonald's ** (OOB) 1:00 Balloon Volleyball (P) 2:00 Board Games (P) 3:30 iN2L Karaoke (CN)	10 9:15 Morning Meeting (AR) 9:45 Communion by St. Eleanor Catholic Church (T) 10:00 Chair Exercises (P) 11:00 Connect 4 (P) 1:00 Balance in Action Class Powerback Rehab (P) 2:30 Toss & Talk (AR) 3:00 Exploring Science: Volcano Explosion (AR)	11 9:15 Morning Meeting (LOCATION) 9:30 Aroma and Meditation (AR) 10:00 Lets Chef It Up: Red, White, and Blue Cake Pops (AR) 11:00 Holiday Riddles (AR) 1:00 Outing: Walk of Fresh Air (OS) 2:30 SPCA Cat Treats (AR) 3:00 Ed-U Presentation by Night Wonders Of Astronomy <i>Rendezvous in Orbit</i> (T)	12 10:00 Chair Exercises (P) 11:00 Bake Cherry Pie (AR) 1:00 Bingo in Hats (AR) 2:00 Movie Matinee: <i>You've Got Mail</i> (AR) 3:30 Name That Tune Happy Hour (P)
	13 10:30 Catholic Mass on Screen (T) 11:00 Chair Exercises (P) 1:00 (OS) 2:00 Games in the Pub (P) 3:00 Bocce / Corn Hole (OS) 4:00 Knitting & Crochet Club (P)	14 9:15 Morning Meeting (AR) 9:30 Weekly Weather & News (AR) 10:30 Woofs of Wisdom with Ellie Mae (P) 11:00 Chair Exercises (P) 1:00 Nickle Bingo \$\$ (AR) 2:15 Nadine's Music & Meditation (P) 3:30 Memory Magic (AR)	15 9:15 Morning Meeting (AR) 9:30 Move and Grove (AR) 10:00 Crafty Art: Pinecone Bird Feeders (AR) 1:00 Pool (OL) 2:30 Aerobic Drumming (P) 3:30 Drinks & Discussion (AR)	16 9:15 Morning Meeting (AR) 9:30 Chair Exercises (AR) 10:00 Praying the Rosary with St. Eleanor Catholic Church (T) 11:00 Corn Hole (OS) 1:00 Look Who's Dancing Aerobics (P) 2:00 Outing: Dunkin Donuts** (OOB) 3:30 iN2L Price Is Right (CN)	17 9:15 Morning Meeting (AR) 9:45 Communion by St. Eleanor Catholic Church (T) 10:30 Service in Action: Montgomery County SPCA** (OOB) 1:00 Fireside Chat with Terri, E.D. (P) 2:30 Toss & Talk (AR) 3:00 Exploring Science: Balloon Expansion (AR) 3:30	18 9:15 Morning Meeting (LOCATION) 9:30 Aroma and Meditation (AR) 10:00 Lets Chef It Up: Peanut Butter Energy Bites (AR) 11:00 Holiday True Or False (AR) 1:00 Outing: Farm View ** (OOB) 2:30 Color Me Calm (P) 3:00 Friday Matinee: <i>Sweet November</i> (T) Veteran's Day	19 10:00 Chair Exercises (P) 11:00 Bake Pumpkin Pie (AR) 1:00 Bingo in Hats (AR) 2:00 Trivia & Games (Pub) 3:00 Gin Rummy (P) 3:30 Poker or Black Jack Happy Hour (P)
	20 10:30 Catholic Mass on Screen (T) 11:00 Chair Exercises (P) 1:00 Day Excursion: Reading Royals Hockey Game **\$\$ (OOB) 2:00 Games in the Pub (P) 4:00 Knitting & Crochet Club (P)	21 9:15 Morning Meeting (AR) 9:30 Weekly Weather & News (AR) 10:30 Bowling (AR) 11:00 Chair Exercises (P) 1:00 Nickle Bingo \$\$ (AR) 2:15 Nadine's Music & Meditation (P) 3:30 Story Telling (AR)	22 9:15 Morning Meeting (AR) 9:30 Move and Grove (AR) 10:00 Crafty Art: Corn Craft (AR) 1:00 Outing: Greenlane ** (OOB) 2:30 Drinks & Discussion (AR) 3:30 Friendsgiving Happy Hour Holiday Pies & Musical Entertainment Courtney Colletti (P)	23 9:15 Morning Meeting (AR) 9:30 Chair Exercises (AR) 10:00 Praying the Rosary with St. Eleanor Catholic Church (T) 11:00 Outing: County Ride () 1:00 Ed-U Presentation <i>Golden Soul Dogs</i> by Sage and Jenny Cochran (T) 2:00 Turkey Scavenger Hunt (P) 3:30 Who Wants to be a Millionaire (CN)	24 9:15 Morning Meeting (AR) 10:00 Sit and Be Fit (P) 10:30 Thanksgiving Day Parade & Hot Chocolate (P) 1:00 Turkey Toss (AR) 2:00 Exploring Science: Turkey Slime (AR) 3:00 Catholic Mass by St. Eleanor Catholic Church (T) Thanksgiving	25 9:15 Morning Meeting (LOCATION) 9:30 Aroma and Meditation (AR) 10:00 Lets Chef It Up: Pumpkin Marshmallow Whoopie Pie (AR) 11:00 Trivia (AR) 1:00 Outing: Bowling Ally**\$\$ (OOB) 2:30 Crosswords (P) 3:00 Friday Matinee: <i>Moon Struck</i> (T)	26 10:00 Chair Exercises (P) 11:00 Decorate Doughnuts (AR) 1:00 Bingo in Hats (AR) 2:00 Crafting for the Holiday Bazaar (P) 3:00 Gin Rummy (AR) 3:30 Poker or Black Jack Happy Hour (P)
	27 10:30 Catholic Mass on Screen (T) 11:00 Chair Exercises (P) 1:00 Gardening Club (OS) 2:00 Games in the Pub (P) 3:00 Bocce / Corn Hole (OS) 4:00 Knitting & Crochet Club (P)	28 9:15 Morning Meeting (AR) 9:30 Weekly Weather & News (AR) 10:30 Woofs of Wisdom with Ellie Mae (P) 11:00 Chair Exercise (P) 1:00 Nickle Bingo \$\$ (AR) 2:15 Nadine's Music & Meditation (P) 3:30 Crafting for the Holiday Bazaar (AR)	29 9:15 Morning Meeting 9:30 Chair Exercises (P) 10:00 Crafty Art: Leaf Masterpiece (AR) 1:00 Car Racing (P) 2:00 Ed-U Resident Presentation <i>Boating</i> by Bob & Bev Berlin (T) 3:00 Drinks & Discussion (AR)	30 9:15 Morning Meeting (AR) 9:30 Chair Exercises (AR) 10:00 Praying the Rosary with St. Eleanor Catholic Church (T) 11:00 Patio Chat & Coffee (OS) 1:00 Look Who's Dancing Aerobics (P) 2:00 Outing: Milk Shakes ** (OOB) 3:30 iN2L: Travel The World (CN)	<p>Calendar Key: ** Registration Required \$\$ Cost Involved (CR) Community Room (P) Pub, (LIB) Library - 3rd Floor (OS) Outside, (AR) Activity Room (CN) Connections Neighborhood (T) Theater, (OL) Old Lobby (DR) Dining Room (TB) Throughout Building</p>		<h1>November</h1> <h1>2022</h1>